



## A MINUTE OF HEALTH WITH CDC

### *Smoke Out*

*Consumption of Combustible and Smokeless Tobacco—United States, 2000-2015*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Tobacco use is the leading cause of preventable death and disease in the United States. Cigarette consumption has declined steadily since the 1960s. However, the decline in cigarette use has slowed in recent years and use of other types of tobacco has increased. Combustible tobacco, like cigarettes and cigars, and smokeless tobacco, like snuff and chewing tobacco, can result in serious health problems, including heart disease and certain cancers. To protect your health, avoid *all* forms of tobacco. If you're struggling to quit, talk with your health care provider, or call 1-800-QUIT-NOW.

Thank you for joining us on a Minute of Health with CDC.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*